

Women's Retreat

Oct. 3-5, 2014

Comfort Inn & Suites, Omaha, Neb.

Registration is \$40 per woman

WOMEN of WARRIORS

Weekend Retreat

For women who are caring for
our service members & veterans

If you are a woman caring for a warrior of any conflict, this retreat is for you.

Topics will educate, encourage and empower you and the brief respite will give you hope, healing and restoration. The \$40 fee provides you with the three-day retreat (Friday evening to Sunday noon), two nights of lodging, pampering sessions and all meals.

REGISTRATION OPENS AUGUST 22, 2014 - www.biane.org/events

Karen Sears, an army wife, posted in her blog: "When was the last time you reached out and asked for help?"

I think back to the first week of my [veteran] husband's injury and recall the physical and emotional turmoil we were in.

I was hoping to find some sort of support system that would let me know I wasn't alone, but the term "caregiver" didn't even cross my mind.

"It's obvious that reaching out for help can be difficult, but we have to realize that it's healthy to do so..."

(<http://wifeofawoundedveteran.blogspot.com/>)

Retreat Objectives:

- Meet others going through similar experiences. Discover that **you are not alone**.
- Learn about the invisible wounds of war: PTSD and TBI
- Confidential environment where women talk to each other or with counselors, receive guidance, support and information
- Get to know people with various Nebraska military resources available who are ready to help families
- Build a support network with those you meet at the event to help you through
- Understand stress and the consequences on you: "Compassion Fatigue" and secondary stress. Take steps toward a healthier you
- Learn there is hope and a brighter future

"I don't believe that I understood the differences between the effects of the TBI and the PTSD. The information, that I shared with my husband as well, was eye-opening for him and me. He said someone once told him was that he had both TBI and PTSD and then sent him home." 2013 Attendee

***Presented by the
Brain Injury Association
of Nebraska &
The Nebraska Veterans
Brain Injury Task Force***

"I was so touched by all of the women's stories. I discovered that I am 'normal' through so many stories just like my own. I found comfort hearing that my husband is not the only vet that behaves the way he does. And I have been able to recharge my batteries so I have the strength to continue, to walk this path with him. I would absolutely recommend this conference to others. It has been life changing for me! -AH

For more information and registration, go to www.biane.org/events

Brain Injury Association of Nebraska • Contact: cindy@biane.org • 402-423-2463